

## ABSTRACT

A hair inserter (1) for inserting a hair bundle (H) into a flat tubular hair holder (T) made of a sheet in such a design that the hair bundle [[H]] can be inserted therein from an upper opening (T1) at one end thereof toward a lower opening (T2) at the other end thereof. The hair inserter (1) has a long main body (2) having, at one end portion thereof, a hair catching part (6) capable of catching a hair bundle and is configured to be smoothly inserted with a hair bundle caught on the hair catching part (6) through the inside of the tubular hair holder from the opening (T1) toward the opening (T2).